



List of Local Counselling & Support Services for Adolescents

Adolescent Counsellors

* For a full list of accredited (registered) therapists in Mayo and the services they offer, please see:

Irish Association for Counselling and Psychotherapy (IACP):

<https://iacp.ie/page/therapists?co=36&cat=>

and

The Irish Association of Humanistic & Integrative Psychotherapy (IAHIP):

<https://iahip.org/Psychotherapist-Directory>

Jannah Walshe Counselling & Psychotherapy

Westport, Co. Mayo

Tel. 085 1372528

www.jannahwalshe.com

<https://www.facebook.com/jannahwalshecounselling>

Rate: €60 - €100

* Jannah also delivers our low-cost adolescent counselling service - details in next section

Wings of Hope Counselling (Annie Doyle)

Bohola, Co. Mayo

Tel. 089 225 8587

Email hello@wingsofhope.ie

Particular areas of interest: neurodiversity, anxiety, stress, depression, global transitions, self identity, LGBTQIA+ issues.

www.wingsofhope.ie / www.facebook.com/profile.php?id=100087613927054

Rate: €80 * Reduced rates available

* Annie also delivers our low-cost adolescent counselling service in Westport FRC

Darren McKenna Counselling & Psychotherapy

Castlebar, Co. Mayo

Tel. 087 6057278

Email: dmkcounselling@yahoo.com

www.dmkcounselling.ie

Rate: €50 / Negotiable

Mary Gibbons, Meabhairshláinte Grá Individual Teen Support Service – CBT (Cognitive Behavioural Therapy)

Support for 12-19 year olds for issues including anxiety, trauma, bullying, bereavement, separation, dependence on social media etc. Small groups can also be facilitated.

Lecanvey, Westport

Tel. 085 2617586

Email mgteencoach@gmail.com

Instagram: meabhairshlaintegra

Rate: €40 for 1 hour session

Sandra Hastings

The Grove Medical Centre (Dr. Keane), Mill Street, Westport

Reflections Centre, Newport Road, Castlebar

Tel. 087 9654859

Email: sandrahastings4@gmail.com

Rate: €60

Dr. Sean Foy (Psychotherapist and Clinical Psychologist)

The Learning Curve Institute, Rushbrook, Clogher, Westport

Tel. 098 25530 / 087 7554307

Email: info@thelearningcurve.ie

www.facebook.com/thelearningcurve

Rate: Negotiable

Declan Staunton

Knappagh, Westport, Co. Mayo

Tel: 098 21786

Email: decstaunton@gmail.com

Rate: Sliding Scale / Negotiable

Joan Bennett, MaiTri Psychotherapy & Play Therapy

The Demesne, Westport, Co. Mayo

Tel: 086 0719 770

Email: jobijay1@gmail.com

Rate: Fixed

Gina Gaffney Psychotherapist (Specialises in trauma and sexual abuse)

6 Davitt Terrace, Quay Road, Westport

Tel. 087 240 0727

Fixed Rate: €70 / Negotiable

Fiona Hoban (APCP Psychotherapist with an integrative approach)

Kilmeena, Westport, Co. Mayo

Tel. 087 2337109

Terri Fitzpatrick, Suaimhneas Psychotherapy

Works with adults & teenagers

The Fairgreen, Westport

Tel. 089 484 3907

John McNamara, Claddagh Counselling

Works with children and teenagers

The Fairgreen, Westport

Email: johnmcnamara@claddaghcounselling.ie / Website: claddaghcounselling.ie

Tel. 086 7264659

Rate: €60

Dr. Seamus Ryan Clinical Psychologist

Provides online and in-person private psychological assessments, therapeutic interventions, and counselling services for adults, adolescents and children.

36 Castlegrove East, Castlebar, Co. Mayo, F23 T296

Tel. 087 7554067

Email : info@seamusryanpsychologist.ie / Website: seamusryanpsychologist.ie/

Emer Coyne Psychotherapist

Louisburgh

Tel. 087 256 3120

Email: emer.coyne20@gmail.com

Rate: €60 / Negotiable

Anne Connolly (Drama / Art / Psychotherapy)

Dramatherapist working with individuals and groups.

Derrylahan, Louisburgh

Tel. 087 2398871

Email: connollybanne@yahoo.ie

Rate: Sliding Scale

Tomás Morley (Specific Experience in Sports Psychotherapy)

Balla, Castlebar

Tel: 086 8331475

Email: tmorley@pharoscounselling.ie

www.pharoscounselling.ie/

Fee: €60 - €70

Shari Frain-Masterson (Art, Breathwork, Bodywork, EMDR)

"Cheile", Aghagower, Westport

Tel: 087 419 2547

Email: sharifrainmasterson@gmail.com

Fee: €60 / Negotiable

Agata Nowicka (Trauma, Art Therapy, Bodywork)

Sessions available in **English, Spanish & Polish**

Online via Zoom & WhatsApp / In-person: Castlebar & Keel, Achill Island

Tel: 087 936 2097

Email: agataradha@gmail.com

www.agatacounselling.com

Fee: €60 / Negotiable

Marian Staunton

Snugboro, Castlebar, Co. Mayo

Tel. 087 269 3025

Email: mmstaunton@yahoo.ie

www.marianstaunton.com

Fee: €60 / Negotiable

Shane McGuire

Dooncastle, Westport

Tel. 087 677 9700

Email: shane@ecounselling.ie

Fee: €65 / Negotiable

Mai O'Neill

Balla, Castlebar

Tel. 094 936 5361 / 087 677 9702

Email: Oneill.mai@gmail.com

Fee: €60 / Negotiable

Ann Moran (Person-centred Art Psychotherapist)

10 Hazel Grove, Spencer Street, Castlebar

Tel. 087 753 3350

Email: Ann_m_moran@hotmail.com

Fee: €50 / Negotiable

Ann-Marie Collins (Psychotherapist with integrative approach, IACP, IACAT)

Chambers House, Castlebar

Tel: 086 858 7351

Email: annmariecollins800@gmail.com

Fee: €60 / Negotiable

Terence McKeon - Counselling and Psychotherapy (over 16's)

Experience working with male rape victims/ sexual assault

Person centred counselling for anxiety, depression, trauma

Tonacrock, Laherdaun, Ballina Co. Mayo

Knocknaphunta, Westport Road, Castlebar

Tel. 086 2617859

Email: terencemckeon@gmail.com

Rate: Sliding Scale

Counsellors outside of Westport / Castlebar Area:

Maeve Daly (Pain Management, Anxiety, Loss, Depression)

Reflexology/Acupuncture Therapy, Guided Meditation

Based in Foxford but offers online counselling through the Irish Online Counselling & Psychotherapy Service.

Tel. 087 2698665

Rate: Negotiable

Laura Coleman, Mayo Adult & Child Therapy Centre (inc. adolescents)

Lower James Street, Claremorris, Co. Mayo

Tel. 087 2073885

Email: laura.coleman@live.ie

www.mayotherapycentre.com

Public and Voluntary Support Services

Westport Family & Community Resource Centre

We offer low cost counselling to adults and adolescents from Westport, Newport, Louisburgh and the surrounding areas. Sessions take place in here in the Family Resource Centre on Tuesday and Thursday afternoons/evenings. Please note there is a waiting list.

*Affordable rates available (Adolescent counselling €30 p/session).

Tel. 098 24419

Email admin@westportfrc.ie

www.westportfrc.ie

Mindspace Mayo

Mindspace Mayo is a free and confidential support service to promote young people's mental health and wellbeing. They offer free one-to-one support to 12-25 year olds.

Market Square, Castlebar, Co. Mayo.

Tel: 094 9067001 / Text: 086 184 4995.

Email: info@mindspacemayo.ie

www.mindspacemayo.ie

Westport Community Based Family Support Service

Free and confidential Tusla support service for parents having difficulty managing their child/children's behaviour, families experiencing communication and relationship difficulties, or parents experiencing crisis which impact on their children.

Frances Groden (Family Support Project Worker)

Sharkey Hill Community Centre, Pairc na Coille, Golf Course Road, Westport, Co. Mayo

Tel: 087 9974733

Email f.groden@mayofamilysupport.ie

Westport Youth & Family Support Mayo (Foróige & Tusla)

A community-based adolescent and family support service which works with young people aged 10-18 and their parents, with a particular emphasis on working with young people who are experiencing, or at risk of experiencing, personal or social difficulties.

Mill Lane, Westport, Co. Mayo

Tel. 098 29218

Email linda.lohan@foroige.ie

The Edge Project

The Edge Project is a Tusla funded family support project for young people (aged 10 - 17 years) who present with challenging behaviour. They work in partnership with the parents and young people in their own homes throughout county Mayo. They use a model called Mol an Oige which aims to support parents via parenting skills and young people via social skills.

Mill Lane, Bridge St., Castlebar, Co. Mayo

T: 094 9034776

E: teresa.quinn2@tusla.ie

Meitheal

Meitheal is an early intervention, multi-agency (when necessary) response tailored to the needs of an individual child or young person. If you feel that your child has additional needs, or is facing challenges that are difficult to overcome, and you are finding it hard to access the support necessary to help them, Meitheal may be able to help you. Examples of the challenges that Meitheal could help with are:

- problems at school
- a child feeling down
- not getting on with your child
- family problems
- coping with illness or bereavement
- behaviour that can be challenging

The kinds of services that might be involved in Meitheal are schools, youth services, family resource centres, medical services and others like these.

Elaine English, Senior Child and Family Support Network Co-ordinator

Child and Family Agency, Mill Lane, Castlebar, Co. Mayo

Tel. 094 9049136 / 087 1337930

<https://www.tusla.ie/services/family-community-support/prevention-partnership-and-family-support-programme/meitheal-national-practice-model/>

Turn2Me.ie

Turn2Me.ie are funded by the HSE to provide free online counselling to young people age 12-17, and adults over 18. They also offer online support groups.

www.turn2me.ie

Helplink Support Services

Provides general counselling, play therapy, art therapy (individual & groups), couples/marriage counselling, youth counselling, addiction counselling, youth addiction counselling and bereavement therapy.

Discounted fees available for general, addiction and bereavement counselling appointments for full-time (third level) students, part-time counselling students, part-time workers,

single parents and those in receipt of a social protection payments.

Enterprise House, Aiden Street, Kiltimagh, County Mayo

Tel. 094 9557007

Email helplinksupport@helplink.ie

www.helplink.ie

Let's Get Talking

Let's Get Talking is a non-profit Counselling & Psychotherapy Service providing accessible, professional, non-set fee therapy to adults, adolescents and children over the age of 10.

They don't have a centre in Mayo, but do offer online counselling nationwide. There is no limit to the number of sessions.

Tel. 0818 714 001

Or book an appointment on their website: www.letsgettalking.ie

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is a free HSE specialist service for children and adolescents with serious emotional, behavioural or mental health difficulties. You need to be referred to CAMHS by your GP, public health nurse, social worker, speech and language therapist or educational psychologist.

ISPCC

The ISPCC provides a free, comprehensive, community based one to one support service (including out of hours access) to children and young people who may be experiencing emotional and behavioural difficulties. They also operate a mentoring programme which aims to develop a young person's self-esteem and social skills through support and encouragement from a volunteer mentor.

Unit 14C, N5 Business Park, Moneen, Castlebar, Co. Mayo.

Tel: 094 9025254

Email: mayo@ispcc.ie

www.ispcc.ie

Big Brother Big Sister Mayo – Foróige Mentoring

Big Brother Big Sister is an internationally recognised youth mentoring programme run by Foróige. They match an adult volunteer with a young person who could benefit from having a supportive adult in their lives.

Foróige Office, The Mall, Castlebar, Co Mayo

Phone: 0863835859

Email: Sean.kelly@foroige.ie

www.foroige.ie/our-work/big-brother-big-sister

The Family Centre

Offers low cost counselling to individuals, couples and families.

Chapel Street, Castlebar, Co. Mayo

Tel: 094 9025900

Email: info@thefamilycentre.com

*Affordable rates available

www.thefamilycentre.com

North West STOP

Provides a free counselling service for all age groups. **No waiting list**, but maximum number of sessions is 6.

Main Street, Drumkeerin, Co. Leitrim (Counsellors available locally)

Tel. 0818 444 000 / Text 086 7772009.

Email: info@northweststop.ie

www.northweststop.ie

Pieta House West

Provides free counselling for adults, teenagers and children who are feeling suicidal or who are self-harming, and their families. Play therapy is used in the case of a young child. Also provide a free suicide bereavement counselling service.

Bishop Street, Tuam, Co. Galway

Tel: 093 25586

24 hour Freephone Suicide Helpline: 1800 247 247

www.pieta.ie

HSE Drugs Service

Provides free drugs counselling (for all ages) and alcohol counselling for teenagers.

Hill House, Mountain View, Castlebar, Co. Mayo

Tel: 094 9020430

Mayo Rape Crisis Centre

Provides free, safe and confidential support and counselling for anyone who has experienced any form of sexual violence at any time in their lives.

Newtown, Castlebar, Co. Mayo

Tel: 094 902 5657 / Freephone: 1800 234 900

Email: info@mrcc.ie

www.mrcc.ie

National Educational Psychological Service (NEPS)

NEPS psychologists work with both primary and post-primary schools and are concerned with learning, behaviour, social and emotional development. They work in partnership with teachers, parents and children in identifying educational needs. They offer a range of services aimed at meeting these needs, for example, supporting individual students (through consultation and assessment), special projects and research. Please speak to your child's teacher and/or principal if you think he or she needs to be seen by a NEPS Psychologist.

NEPS Western Region, Thomas Street, Knockthomas, Castlebar, Co. Mayo

Tel: 094 9028310

Bodywhys – The Eating Disorders Association of Ireland

Bodywhys offer a range of supports including a helpline, a free online support group called YouthConnect for people with eating disorders aged 13-18 years, and a PiLaR education and support programme for families.

Office: 01-2834963

Helpline: 01-2107906

Office: info@bodywhys.ie

E-Mail Support Service: alex@bodywhys.ie

www.bodywhys.ie

Mayo Crisis Pregnancy and Support Service

Free Crisis Pregnancy & Post Abortion Counselling

Social Work Dept., Mayo General Hospital, Castlebar, Co. Mayo

Tel: 1890 200 022

Email: mayopsc@hse.ie

The Depression Project

Website, Facebook and Instagram pages with helpful and supportive information and resources, including a practical blueprint for recovery. We have PDF copies of 'This is How to Overcome Depression' and 'How to Support a Loved One with Depression' available in the office – please email admin@westportfrc.ie if you would like a copy.

www.thedepressionproject.com

LGBTQI+

BeLonG To

BeLonG To Youth Services is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland and caters for young people aged between 14-23 years. They have support groups for young people (details below) and parents (none in Mayo yet – the nearest are Galway and Roscommon).

Tel. 01 670 6223 (Monday-Friday from 9am-1pm & 2pm-5pm)

www.belongto.org

Cairde Network, Bród Castlebar, Foroige Hub

Youth Group for LGBTQI+ young people and their allies (ages 12 -18). Bi-weekly evening meetings.

Foroige Hub, The Mall, Castlebar

Tel. 086 8371339

Email: ruairi.kelly@foroige.ie

Instagram @foroigehub

www.belongto.org/mayo/

Cairde LGBTQI+ Youth Club, Don't Label It!, Ballinrobe

This club is open to LGBTQI+ young people, their friends, and young people who may be questioning their sexual orientation or gender identity. This is a safe place for young LGBTQI+ people to be themselves and it is open to all young people who care about LGBTQI+ issues.

The group meets every second Thursday from 4.00-6.15pm.

Youth Booth, The Maple Youth Centre, Bowgate St, Ballinrobe

Tel. 087 7714 967

Email ballinrobeyouthcafe@gmail.com

LGBT+ Helpline

LGBT Ireland is a national organisation providing support, training, and advocacy aiming to improve the lives of LGBT+ people across Ireland. The helpline offers information and support for LGBT+ people, their friends and family.

Tel. 1890 929 539

www.lgbt.ie

OutWest

Voluntary social and support group and drop in centre for the LGBTQI+ community.

Tucker Street, Castlebar, F23 Y074

Tel. 087 972 5586
Email info@outwest.ie
www.outwest.ie

Mayo Pride

Voluntary LGBTQI+ group who arrange a pride festival every July and events throughout the year in Mayo, including family friendly events.

Email hello@mayopride.com
www.mayopride.com

Helpful Books

The Book You Wish Your Parents Had Read (and Your Children Will Be Glad That You Did)

Author: Philippa Perry

Available in Mayo Library

The Teenager In The Greenhouse: A Psychologist's guide to parenting your teenager

Author: Graham Ramsden

Get Out of My Life: The bestselling guide to living with teenagers

Author: Suzanne Franks

Available in Mayo Library

Blame My Brain: the Amazing Teenage Brain Revealed

Author: Nicola Morgan

Available in Mayo Library

How to Talk So Teens Will Listen and Listen So Teens Will Talk

Authors: Adele Faber & Elaine Mazlish

Available in Mayo Library

Teenagers!: What Every Parent Has to Know

Author: Rob Parsons

Parenting teenagers : a guide to solving problems, building relationships and creating harmony in the family

Author: John Sharry

The Parent's Guide to Self-Harm: What Parents Need to Know

Author: Jane Smith

*** Westport Family & Community Resource Centre do not endorse or recommend any particular therapist/service/support. This list is only an information resource for the community. If there is a service you find should be added to this list please let us know.